

tional High Blood Pressure Education Program, a coordinated effort involving the Federal government; community volunteer organizations; medical associations; industry and labor; State and local public health agencies, and many other groups. Since the program began in 1972, public understanding of high blood pressure, the number of people being treated, and the number of those effectively controlling their high blood pressure has increased considerably.

Often called the "silent killer" because it usually has no easily detectable symptoms, high blood pressure is an insidious condition that may lead to heart attack, stroke, or kidney damage. It is one of three major risk factors, along with cigarette smoking and elevated blood cholesterol, for cardiovascular diseases. All of these factors can be controlled or eliminated.

High blood pressure can be detected using the familiar inflatable arm cuff and stethoscope. The test takes only a few moments and is painless. Once detected, high blood pressure can be very effectively controlled. Sometimes this can be accomplished by such measures as weight loss, salt restriction, and exercise. When these do not work, the physician can select an appropriate treatment program from a wide range of drug therapies.

I urge all Americans to take advantage of the high blood pressure screening activities in their communities, their work places, and their public health facilities. They should ask their physicians how often they should have a blood pressure check. All Americans should be aware of the dangers of this very widespread condition and they should also know that these dangers can be eliminated by proven methods.

To stimulate awareness among Americans of the importance of having their blood pressure measured, the Congress, by Senate Joint Resolution 130, has designated the week beginning November 10, 1985, as "High Blood Pressure Awareness Week" and authorized and requested the President to issue a proclamation in observance of this week.

Ante, p. 786.

NOW, THEREFORE, I, RONALD REAGAN, President of the United States of America, do hereby proclaim the week beginning November 10, 1985, as High Blood Pressure Awareness Week. I invite the American people to join with me in reaffirming our commitment to the resolution of the problem of high blood pressure.

IN WITNESS WHEREOF, I have hereunto set my hand this 12th day of November, in the year of our Lord nineteen hundred and eighty-five, and of the Independence of the United States of America the two hundred and tenth.

RONALD REAGAN

Proclamation 5408 of November 13, 1985

National Diabetes Month, 1985

By the President of the United States of America
A Proclamation

Each year, an estimated 500,000 more Americans are told by their physicians that they have diabetes. This chronic disease interferes with the body's ability to derive energy from glucose, a type of sugar and an impor-

tant product of digested food. When diabetes strikes children, it is in a form that can soon be fatal without daily injections of the life-saving hormone insulin. Most people with diabetes have another form of the disease that begins in adulthood and that, over the years, can insidiously and progressively damage the heart, eyes, kidneys, and nervous system.

The acute illness and long-term complications of diabetes cost the country an estimated \$14 billion each year in medical outlays, disability payments, and loss of income. Individuals and families suffer an inestimable drain on their emotional and economic resources in coping with this disease.

Hope for the future lies in research. In recent years, scientists have laid the groundwork for an eventual cure for diabetes. Basic research has provided the tools with which scientists are describing the genetic, immunologic and biochemical mechanisms that underlie diabetes. Through research, we now know that diabetes has multiple causes, and scientists are developing the means to understand and correct these defects in ways specific to each cause. Research is also clarifying how best to treat diabetes. This research, along with efforts to transmit the most up-to-the-minute knowledge to health practitioners and to individuals who might be affected by diabetes, is helping to preserve the health of its potential victims.

Only through the continued commitment and cooperation of the Federal government, the scientific community, and the private agencies and citizens dedicated to the fight against diabetes can progress continue.

Ante, p. 580.

To increase public awareness of diabetes and to emphasize the need for continued research and educational efforts aimed at controlling and one day curing this disease, the Congress, by Senate Joint Resolution 145, has designated the month of November 1985 as "National Diabetes Month" and authorized and requested the President to issue a proclamation in observance of this month.

NOW, THEREFORE, I, RONALD REAGAN, President of the United States of America, do hereby proclaim the month of November 1985 as National Diabetes Month. I call upon all government agencies and the people of the United States to observe this month with appropriate programs and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this thirteenth day of November, in the year of our Lord nineteen hundred and eighty-five, and of the Independence of the United States of America the two hundred and tenth.

RONALD REAGAN

Proclamation 5409 of November 13, 1985

National Women Veterans Recognition Week, 1985

By the President of the United States of America
A Proclamation

We Americans are justly indebted to all who have served in uniform in the cause of our national defense. It is an honor for me to invite special attention to the unique contributions made to that cause by women veterans.

Throughout our Nation's history, American women have answered duty's call, even when that call exacted a great price. Many women have become